Roasted Pepper and Bean Hummus

Source: Recipe by Munira Ali

This can be used as spread or dip!

About the Recipe

298 Calories · 12 g Protein · 9 g Fiber
Snack

Ingredients

Makes 5 Servings

- red or green peppers, roasted (2)
- cooked and drained garbanzo beans (3 cups)
- sesame seeds (2 tbsp.)
- lemon juice (1/4 cup)
- soy sauce (1 tsp.)
- cumin powder, roasted (1 tsp.)
- garlic paste (1 tsp.)
- salt, or to taste (1/2 tsp.)
- grounded black pepper (1/2 tsp.)
- chili powder (1/4 tsp.)

Directions

1. Blend peppers, garbanzo beans, and all the other ingredients to make a paste.
2. Serve with bread, pita, or chapati, or use it as a spread to make sandwiches.

Nutrition Facts
Per serving (1/5 of recipe)

**Calories:** 298  
**Fat:** 5 g  
  - **Saturated Fat:** 2 g  
  - **Calories from Fat:** 47%  
**Cholesterol:** 0 mg  
**Protein:** 12 g  
**Carbohydrates:** 29 g  
**Sugar:** 3 g  
**Fiber:** 9 g  
**Sodium:** 553 mg  
**Calcium:** 70 mg  
**Iron:** 3 mg  
**Vitamin C:** 81 mg  
**Beta Carotene:** 742 mcg  
**Vitamin E:** 2 mg  
**Potassium:** 315 mg